Goal: To model origin, insertion and action of skeletal muscle pairs.

Directions:

Each team will be responsible for:

* Modeling muscles on skeleton with pipe cleaners (5 points)
* Explanation of muscle name (2 points)
* Demonstration of the muscle action on the skeleton and on a student (3 points)
* Correctly state and write on board the origin and insertion of the muscle (2 points)

Muscle Pairs:

|  |  |  |
| --- | --- | --- |
|  | **AGONIST (PRIME MOVER)** | **ANTAGONIST** |
| 1 | Biceps brachii | Triceps brachii |
| 2 | Deltoid | Latissimus dorsi |
| 3 | Pectoralis major | Trapezius and rhomboids |
| 4 | Rectus abdominus | Erector spinae |
| 5 | Iliopsoas | Gluteus maximus |
| 6 | Quadriceps group: vastus intermedius, vastus lateralis, vastus medialis | Hamstring group: biceps femoris, semimembranosus, semitendinosus |
| 7 | Hip adductor | Gluteus medius |
| 8 | Tibialis anterior | Gastrocnemius |
| 9 | Adductors of thigh | Gluteus medius |
| 10 | Flexor carpi radialis | Extensor carpi radialis |
| 11 | Extensor digitorum longus | Flexor digitorum longus |